



Tips for successful breast feeding

Breastfeeding is best for:

- bonding
- baby's digestion
- reducing allergies
- mom's health
- Growth
- development

But many women have questions and concerns that can cause them to stop breastfeeding. The two most important keys for successful breastfeeding are:

- accurate information
- good support

Getting started

Breastfeed within an hour after delivery.

Babies are most alert and ready to nurse soon after delivery. Plus, the rich colostrum helps babies with their first bowel movement. Colostrum is all that babies need in the first few days of life.

Avoid giving bottles and pacifiers the first 2–4 weeks

- Bottle nipples and pacifiers teach the baby bad sucking habits which may cause sore nipples for mom.
- Formula decreases mom's milk production or can lead to breast engorgement.
- Formula also may contribute to allergies.
- Water bottles are not needed. Mom's milk is 70-90% water.

Good positioning will help prevent problems

Sore nipples, fussy babies and other common problems can be avoided with proper positioning.

Positioning:

- Mom needs to be comfortable and the baby's head directly facing the breast with the stomach pulled in close to mom. Use pillows to bring baby to breast level.
- The baby needs to take in as much areola (dark part of the breast) as possible.
- Support the breast by placing 4 fingers underneath and thumb on top in back of the areola.
- Tickle the baby's lower lip and wait for baby to open wide as if they were yawning.
- Quickly bring the baby to breast.
- Baby's lip should not be folded in but relaxed and the tongue cupped under the breast.

Milk supply

Nursing often is the key to plenty of milk. Use the following as a guideline but remember each baby is different. ***Watch the baby, not the clock.***

Feedings: Every 1–3 hours, or 8–15 times every 24 hours

Wet Diapers: 5–7 per day

Bowel Movements: 2–5 per day at first; fewer after 6 weeks

Growth Spurts: at 2 wks, 6 wks, 3 months

Nursing often during growth spurts will increase milk supply. Most babies will be fussy during these times but Mom needs to keep nursing, not add a bottle. Remember, mom's body will naturally make plenty of milk to meet baby's growing needs.

Support

Support during the first month can really help. New moms are often tired and overwhelmed. If family and friends want to help, they can assist with shopping, cleaning and cooking. Moms need plenty of rest and relaxation. A neck, shoulder and back massage might be just the best thing for a nursing mom.

Community Resources for Help with Breastfeeding:

WIC: (360) 397-8459

Southwest Washington Medical Center: (360) 514-3017

Kaiser Permanente: (360) 571-3017

LaLeche League: (360) 514-6773

Nursing Mother's Counsel: (360) 750-0656

Breastfeeding is the best choice available anywhere, any time. It's clean, pure and safe. Babies who are breastfed have less illness, stomach troubles, bowel problems and have improved growth, development and IQ. As baby grows, breast milk changes to meet baby's needs. Artificially feeding babies can provide nutrition; however, breastfeeding provides much more. The benefits of breastfeeding, including cost savings, are priceless.